

Free

THE STUDENT VOICE

Volume XXXII No. 12 - WORCESTER STATE COLLEGE - March 25, 1999

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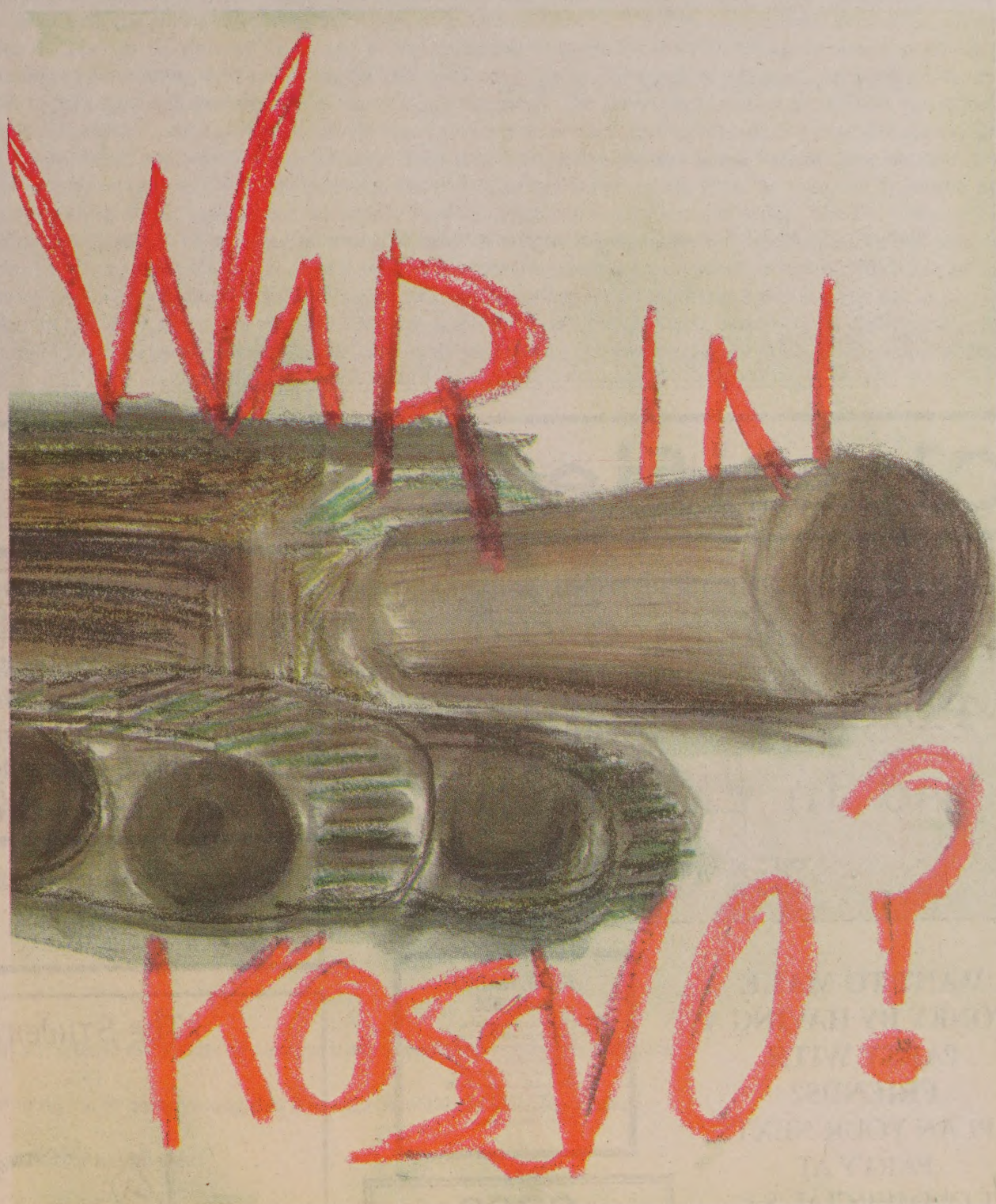
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Editorial

What Do You Think?

In an effort to make The Student Voice a publication that students enjoy reading and find to be a valuable source of information, we are conducting a poll.

Please fill it out and drop it in either the Voice box on the info. desk in the student center, the Voice mailbox by the student activities desk in the student center, or in the Voice office on the third floor of the student center. Also feel free to email your responses to the address that is plastered over every page of this paper.

Thanks,

Alisha Attella, Editor-in-chief

Voice Poll

1. Why do you read The Voice?
2. What is your favorite section of The Voice?
3. What do you hate about The Voice?
4. What would you like to see included in or excluded from The Voice in the future?
5. Addl. Comments?

Classifieds

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The Student Voice Staff



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Untitled

by Jared Simpson

It's started back in the late 30's, while the scare of the Japanese espionage was still a rampant paranoia. The "big one" could've been dropped at any moment, one push of a button, the sweat was building to come up with a way to find the real imposters. Lots of money was being dumped into a fund for experimental devices that could be used to brainwash, create amnesia, lobotomize, or simply kill. Scientists from all over the United States, mostly from elite universities, Harvard, Berkely, M.I.T. etc..., were pouring in manifestos, formulas, case studies, and various other forms of information on the topic. This was all government funded, just like the J.F.K. assassination, the debt of the third world countries, and the assured safety of Saddam Hussein. The search was top secret, but so was the secret buzz of all the lead ringers of the C.I.A., and the defense department. Up till 1941, much was developed: electro-shock toilet paper, exploding kleenex tissue, radioactive glasses, lie detector hats, and a plethora of mind-altering drugs, but nothing that could be used to monitor millions of people at one time. Wire traps weren't enough, they needed visual information, and thought monitors. Then, the break came. Certain scientists, working on the far-out edges of Quantum Physics had developed a way of monitoring the information held inside the human brain. This development, directly coincided with the ability to incorporate it into an electrical format. The first experiments were crude and most disturbing. Thousands were lobotomized. This was the refining stage, and as the devices were tuned the external effects became less noticeable. However, a state of amnesia always seemed to follow, along with a numbing feeling, and burning eyes. The machine was ready for implementation by now, the only thing that was left was how to package it and get it into the house of every American. The device had been rigged to show visual images that soak in the viewer so that the "thought scavengers" could gain access to the brain. Quickly someone suggested broadcasting regular shows, like in the theaters; the first "thought box" was invented then marketed to the public as a "Television". Even though the war was over by this point, the system was put in place and was on store shelves waiting for eager buyers. The television was truly a historic event and has yet to be surpassed by another other method of wide-scale surveillance. No other method allows intelligence agencies to monitor thoughts for many hours at a time. The T.V. was devised to hypnotize its subjects by barraging "him" with a pulsating color pattern, but with the rise of other agencies such as: A.B.C. and A.B.C., a much neater and more marketable machine was developed. The closest anyone has come to discovering this massive intelligence corporation were the studies on seizures and television a few years back, even then it was simply blamed on the flashing of the screen. Nobody would think that it was actually a brain crawling thought scavenger, designed specifically to carry back through a wire the thoughts of it's subjects. Psychologists have blamed the television for a depletion in the ability to pay attention and subsequently to forms of A.D.D., but in all honesty this is a less pronounce effect of it's more disturbing ability to bring on amesiatic episodes.

The Buddha Speaks

By Tol Karma

Look around our society and you will see that there is a bad portrayal of sex that (one can argue this or not) I believe is ultimately derived with the fact that its not something that's respected by most people. This sounds like common knowledge, but what good is knowing this if no one does anything about it. Some people live in confusion about intimacy because they don't believe in any virtues. Whether you want to admit it or not, too much exposure to promiscuity messes everything up. Our culture lacks any sense of nobility that upholds certain things not to be desecrated.

Med. Society "quarantines" Study

Worcester Area Coalition for Single Payer Health Care
22 Tanner Road
Webster, MA 01570

To the Editor:

The Massachusetts Medical Society will not release the results of a recent study it commissioned on health care.

And what is this public health information that is so destabilizing that it should be withheld from the masses.

Just this: We're paying more than we need to for health care!

But this is NOT news. It's something we've all either known or suspected for years.

The MMS study found that by rationalizing (i.e., all but eliminating) the health insurance bureaucracy, we could provide health care for every Mass. resident, for \$Billions less per year. And it would be comprehensive coverage: primary care, hospitalization, dental, vision, prescription drugs, mental health, home health care, etc. Anything medically necessary would be covered.

Cost is controlled by setting a "global budget" for total health care spending by the State. Can we afford this? The 18 nations that are most similar to us, i.e. industrialized "Western" Democracies, spend on average 44% of what the U.S. does, while covering everyone; so Yes we can afford it.

MASS-CARE (the Massachusetts Campaign for Single Payer Health Care) has filed a bill which would implement this universal health care system in our State. The Joint Health Care Committee will hear testimony about the Massachusetts Health Care Trust (S.531, H.1947) on April 27.

It is arbitrary and insensitive to withhold this information from the public dialogue at this time. Instead of being scolded, the MMS should be proudly brandishing this document, should be proud of the contribution their analysis will make to the discussion.

So, please: Massachusetts Medical Society, release your Universal Health Care Study now!

John Healey John.Healey@compaq.com

studentvoicewsc@hotmail.com

News

Council for the Defense of Human Rights and Freedoms in Prishtina's Report on the violation of human rights and freedoms in Kosava in the course of 1998

As an aftermath of the consistent pattern and reliable attested human rights violation and organized state violence for many years now the Serbian regime towards the Albanian population in Kosava, the armed conflict burst out in the beginning of 1998 and covered half of the territory of Kosava. Hundreds of people were killed, massacred, summarily executed, wounded, reported missing, taken hostage, kidnapped, arrested, convicted, persecuted, and displaced. Many villages were looted, burned and destroyed to the ground. During the very same period, everything was destroyed in the regions affected by the conflict and there are no living conditions in the very same.

The massacres in Likoshan, Qirez, Prekaz, Lybeniq, Poklek, Rahovec, Goluboc, Galica, and Abria shocked the Albanian and the worldwide public opinion for their wanton killings, cruelty and lack of any human feelings.

During 1998, CDHRF has registered 1,934 killed and mutilated Albanians, among whom 229 female, 213 children and 395 elderly. Among the killed, 436 are unidentified. Due to the conditions created as an aftermath of war, CDHRF has evidenced 92 cases of death, among whom pregnant women, new-born babies, elderly, ill people who lacked medical assistance, etc. 2,626 Albanians were detained, among whom 1,260 people were kept in detention. 132 were convicted, whereas 1,128 are still in pre-trial detention.

During the very same period, 450 settlements were burned, destroyed and looted. 41,538 houses, 1,995 business premises and other buildings were ruined, damaged, looted and burned. About 500,000 people were forced to flee their homes.

There were many cases when the corpses of the killed were left unburied for months or were buried by police order without being identified. Such cases occurred in all the parts of Kosova, where conflicts took place.

During the very same period, many storage, factories, mines, schools, and monasteries were turned into weaponry depots, investigating prisons, concentration camps, where many Albanians were subjected to unprecedented brutality and torture.

CDHRF received information on the missing and kidnapped on daily basis. From the beginning of the year up to September, more than 1,440 persons were reported missing. However, after the Serb offensives, the local people and our field associates discovered dozens of victims killed or massacred during the Serbian attacks, who were reported as missing. CDHRF has information that a considerable number of persons are in the Serb prisons. CDHRF has never regarded the list of the missing as complete as it was not in a position to confirm all the cases.

By the end of the year, CDHRF compiled a list with the names of 605 people who went missing or were kidnapped, including whole families. The name of 42 Serbs and Montenegrins are reported in the list.

Deeply concerned CDHRF has monitored all these events and has informed duly the public opinion, humanitarian organizations and other relevant factors.

The campaign of arrests, sentences and convictions continued in the course of 1998. The District Courts of Prishtina, Peja, Prizren, Gjiilan and Mitrovica, as well as the Military court in Nish have initiated the investigative and penal proceedings and have convicted many Albanians under the charges of terrorism and threatening the territorial integrity of Serbia and Yugoslavia, charges which have been faced by the Albanians for decades. In the course of 1998, CDHRF based Prishtina has compiled a list of 2,626 arrested person, of whom 132 were convicted for criminal acts pursuant to Art.136 and 125. 1,128 are being kept in pre-trial detention. During the investigative proceedings and while in pre-trial detention, those arrested were continuously tortured. As an aftermath of torture, 7 violent deaths occurred in the investigative prisons during 1998. Among those killed is Rexhap Bislimi, member of the board of the Sub-CDHRF in Ferizaj. According to the available data, 14,905 persons were ill-treated in different forms, an average of 41 persons a day.

The rights of the ill-treated were violated in different forms. 17,413 such cases were registered. Yet we believe that the figures presented are incomplete as thousands of cases were not registered due to the lack of information, the fear and hesitation of those being ill-treated.

Ever since the crisis in Kosova escalated and turned into an armed conflict, the Serb armed forces perpetrated extrajudicial executions and massacres not sparing even the women, children, elderly, or the ill.

The mass killings of Albanians began in the villages of Likoshan, district of Glllogac, and that of Qirez, district of Skenderaj. On 28 February, an attack was launched in these two villages. The attack lasted 24 hours and a large number of masked Serb policemen, soldiers, and paramilitaries were involved in it. Heavy weaponry and helicopters were used in this attack. The Serbian Ministry of Interior Affairs established an air bridge between Belgrade and their bases in Kosava. Helicopters opened fire on the Albanian villages. Albanian civilians were killed and mutilated inside the houses. The age of the killed and mutilated is between 16 and 70. Policemen went into the house of the Ahmetaj family (36 members) and forced them out. Men, women, and children were told to lie down. The men were separated from the rest of the group, take out of the yard, beaten and extrajudicially executed one by one.

The tragedy continued on 5 March 1998. At about 5 am, Serb police forces launched an attack on the villages of Prekaz I Poshtem, Llausha, Polac, Marina, Vojnika, and Rakinica, district of Skenderaj. As a consequence of this attack, 46 Albanians were killed and mutilated, of whom 20 from the family of Shaban Jashari. Among the killed, 15 were children aged between 7-16 and 17 were female. There were also elderly up to the age of 74. The victims were buried by the police on 10 March. They were not buried according to the tradition and the autopsy was not conducted.

During this period, there were incessant attacks in the regions of Decan and Peja. On 25 May, police and military forces launched an attack on the villages of this region. The attack resulted with the extrajudicial execution of 7 members of the Hamza family, 1 member of the Gogaj-Cacaj family and 1 member of the Delimetaj family in the village of Lybeniq near Peja.

On 31 May, at about 1:30pm, Serbian police and paramilitary forces launched an attack on the village of Poklek I Ri, killing and mutilating 11 persons. Apart from the corpse of Ardian Haxhi Deliu (18), who was buried, the corpses of the others were loaded in a police lorry. Ever since, there are no information on their whereabouts. It is assumed that the corpses were buried in a mass grave or were destroyed in order to tamper evidence. CDHRF believes that the skeletons presented by the Serb media in the village of Klecka can be those of the victims killed in Poklek.

On 18 July, Serbian military forces perpetrated a massacre on the border zone with Albania. Women, children and elderly, who were trying to return to their homes, were massacred. This happened at the place called Rrasa e Zogut in the vicinity of the mountain huts in Junik. It is believed that at least 60 Albanians were killed. Whereas Serb media based on the military sources, claimed that over 100 Albanians were killed. The number of the wounded is much higher. The corpses were still not given to their families. Their identities are still unknown.

On 19 July, as an aftermath of a premeditated attack to the Serbian forces many Albanians were killed and wounded in Rahovec. Many women, children, and elderly, who had taken shelter in Sheh Muhedini's masjid were massacred in the most barbaric way. The bodies of two professors and 6 other bodies burned beyond recognition were found at the place called "Tuba". CDHRF has registered the names of 150 killed people. Eye-witnesses claim that Serbian police, military and paramilitary forces perpetrated extrajudicial executions. Many Albanians were reported missing, taken hostage and arrested, whose whereabouts are still unknown. On 22 July the Serbian authorities in Prizren opened two mass graves

in which they buried the corpses of many Albanians killed during the offensive in Rahovec.

On 26 August, while fleeing in a tractor, 11 members of the Asllani family from the village of Ranca were killed by a Serbian tank. Among the killed, 8 were children and 3 were women. 3 men were wounded.

On 16 September, on returning to their houses in the village of Dragobil, Osman Mete Pacarizi (60) and Fehmi Miftar Pacarizi (45) were caught by the Serb forces, taken to Malisheve and executed.

On 25 September, Serb forces went into the village of Galica, district of Vushtrri and executed 14 men, mainly youngsters, and a woman.

On 26 September, in the vicinity of the Magura tunnel, district of Klina, Serb forces separated several Albanians from the crowd of the displacement people and executed Smajl Millaku (72) and his son Sefer (49) from Ujmir. The very same day, 8 Albanian youngsters were executed by the Serb forces in Golluboc.

On 27 September, in the Deliaj quarter in Abria e Eperme, district of Glllogovc, the corpses of 22 members of the Deliaj family, including women, children and elderly, were found a kilometer away from their house. Diturie Deliaj, a 3-month-old baby, was found alive under her mother's body. Due to the difficult living conditions, she died a month later.

On 4 October, the mutilated corpses of Antigona (14) and Mihane Hysen Deliu (16) were found. Prior to being executed, the two were raped.

Over 41,000 houses were destroyed due to shelling or fire. The mass destruction of the Albanian settlements show the aim of the Serbian regime to prevent the return of the displaced, which leads towards the ethnic cleansing of Kosova.

Fresh forces and heavy weaponry were redeployed in Kosova despite of the agreement between Millosheviq and Holbrook. Despite the Agreement for the withdrawal of the Serb forces from Kosova, we were informed that fresh forces and heavy weaponry were redeployed in Kosova.

A very grave phenomenon is the increase in the number of incidents caused by Serb civilians. 294 incidents occurred in the course of 1998. Serbian police and military forces have distributed weapons to Serb civilians. These heavily armed civilians parade through the streets provoking Albanians. There were many cases when fire was opened on the Albanian houses.

In the course of 1998, there was no single pattern of human rights and freedoms which was not violated by the Serbian regime.

The scarce of this violation will remain in the hearts and the minds of the future survivors or reflected in the minds of the people of Kosova.

Headlines

Gas Prices Soar

The O.P.C. (Oil Producing Cartel) met earlier in the week to address the need for decreased oil production. The surplus in oil stocks have pushed oil and gas prices to almost record lows. To counter this problem, O.P.C. members have agreed to decrease oil production by 1.7 million barrels per day. They hope this production slow down will push gas prices up to \$16-\$18 per barrel.

Skeptics are wary of the O.P.C.'s ability to stick to the proposed agreement for in the past many O.P.C. members have "cheated" and produced more than they agreed to. However, since non O.P.C. such as Russia have agreed to also decrease oil production many observers are optimistic that members will fulfill their obligations under such peer pressure. That will be left to be seen on April 1 when this agreement takes effect.

Russia Stands by Kosovo

Russia's Prime Minister canceled his trip to the US on Tuesday when it became known that NATO forces will attack Kosovo. Russia has been a long time ally of the Serbs and disagrees with any military action against them.

US's military support against Serb forces as well as the air strikes on Russia's ally, Iraq, earlier this year has put a definite strain on Russian and US relations. However, with Russia's financial woes and dependency on the International Monetary Fund and US financial support, Russia has yet to declare any out right animosity towards the US.

Gen. Augusto Pinochet Extradited...Again

Britain's high court ruled that Pinochet's status as a former head of state (Dictator of Chile) did not grant him immunity from prosecution for alleged crimes against humanity.

This is the second time General Pinochet has been tried in London since his arrest in October. This first trial also ruled Gen. Pinochet to be unimmune from prosecution, however, after the ruling it was discovered that one of the judges had relations with one of the prosecutors and therefore the ruling was withdrawn.

General Pinochet now awaits extradition to Spain where he will be held on trial for human rights abuses during his reign as Dictator of Chile.

Ten Year Anniversary of the Exxon Valdez Spill

by Michael Plante
Masspirg Intern

Ten years ago on March 24, the Exxon Valdez collided with a reef in Prince William Sound off of the coast of Alaska. If your memory has grown dull in the last ten years let me refresh it. This created a spill that spread crude oil over nearly 10,000 square miles of coastline. This number should seem like a lot to you but to put it in better perspective it is roughly the size of Connecticut to Washington D.C...twenty five times.

This spill also killed more wildlife than any other in history including marine mammals, birds, fish, and many miles of wilderness. The oil reached as far as 600 miles away from the wreck and contaminated 1,500 miles of coastline. As for animals most affected by the spill were the large numbers of sea otters that once thrived in the region. Between 3,500 and 5,000 sea otters died due to the spill. To this day they

have not appeared in the numbers that once flourished.

So you may wonder what Exxon has done to pay back the Alaskan ecosystem. Nothing. In a court settlement Exxon was ordered to pay an undisclosed amount in the millions to pay for the clean up. How much do you think the various clean up groups have received from Exxon? To this day, ten years late they have not paid one cent of the settlement.

So you might ask what has become of these oil superstars. As if they did not destroy enough of Alaska they figure that they should try and demolish a little more. They are now campaigning to tap for oil within the Alaskan National Wildlife Refuge. This in turn would affect even higher numbers of animals than before, mainly the abundant caribou. They have assured the

public that nothing of that caliber could happen again. Guess what? Congress believes them. Later in the year various congressmen and representatives are expected to allow seismic testing in the Arctic Refuge. This is the first step towards full scale development.

Congress seems to believe the word of the oil company. Maybe members of Congress should be reminded that when the oil ships first started to use an Alaskan port, L.R. Beyon, spokesperson for BP, was quoted as saying, "I am satisfied that tanker traffic to and from Port Valdez and operation of an oil port there, will not cause any significant damage to the marine environment or to fisheries". Just look at how well that worked out. I guess creating an oil slick of 10,000 miles to Mr. Beyon did "not cause any significant damage".

And speaking of major oil and gas companies working to protect the environment, it seems that even gas companies are lacking in keeping the environment safe. On Monday a gas tanker truck over turned on route 93 near Boston. Luckily there were no fatalities only minor injuries. Over 10,200 gallons of gasoline dumped onto the highway. Environmental crews did recover much of the gasoline but the remainder of it flowed down into storm drains. Later Clean Harbors Inc. had to vacuum gasoline from a discharge point in the bay of the Dorchester Yacht Club. It seems that ten years after such an enormous disaster even gas companies of today cannot guarantee that the environment will not be harmed.

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On Campus (announcements)

BATTLE OF THE BRAINS VII

is returning to Worcester State College

SC Auditorium on Tuesday, March 30

1st Prize: \$300.00

2nd Prize: \$125.00

MATCHES BEGIN AT 7:00 PM

LIMITED TO THE FIRST 8 TEAMS THAT SIGN UP

MORE INFO AVAILABLE AT THE STUDENT ACTIVITIES OFFICE SPONSORED BY THE SEC AND THE STUDENT CENTER/STUDENT ACTIVITIES OFFICE

Politically Incorrect Comedy at WSC

It's "Playboy," but Hugh Hefner had nothing to do with it.

The Playboy of the Western World, John Millington Synge's outrageous Irish comedy, will be presented by The Department of Visual and performing Arts, March 25, 26, 27, and 28 in the Administration Theatre.

Staring: Daniel Fontaine, Angel Star Felch, Ramona Bach, John Johnson, Chuckie Plaistek, Ari Herzog, Chris Parker, Vanessa Fischer-Mackey, Amy Lombardi, Glenn Rivera-Barnes, Kazem Mohammed, Dan Marold and Chris McLaughlin.

Directed by Professor Ann Marie Shea, with designs by Professor Susan McCully.

8 p.m. curtain Thu-Sat, and 2 p.m. Sun.

Call (508)929-8843 for more info.

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Monday, March 29th at 11:30 AM

North/South Auditorium in the Student Center As a part of Women's History Month at Worcester State College

Watch The Movie

BURY THE EVIDENCE

35 mm Surreal Black Comedy; 102 min; Directed by J. Greg De Felice

Student Center

March 30, 11 am

preceded by the short films,

Ring, Ring You're Dead Directed by Tibor Szakaly & Bill Fiala

and

Solid Action Love Partner Directed by Walter Williams

followed by a Q&A session with J. Greg De Felice

WORCESTER STATE COLLEGE FOUNDATION BOARD TO GIVE \$100,000 IN SCHOLARSHIP AID TO STUDENTS

March 9, 1999 at the quarterly Worcester State Foundation Board Meeting, the members voted to provide \$100,000 in academic scholarship aid to the financially needy and academically meritorious students of WSC. Scholarships will be awarded to WSC students for the Fall 1999 semester.

WSC

In Honor of the Center for the Study of Human Rights (1981-1984)

Presents

POETRY AND HUMAN RIGHTS

A POETRY READING AND DISCUSSION

Poets:

MARJORIE AGOSIN

Professor of Spanish, Wellesley College Internationally Acclaimed Chilean Poet

TINO VILLANUEVA

Preceptor in Spanish Boston University Award-Winning Mexican-American Poet

April 6, 1999, 2:00 P.M.

Student Center Auditorium

(there will be a book signing at 4:00 p.m.)

An Exhibit of the History of Human Rights Center is Located in the exhibit Area

Free Early Seating Recommended

Reception To Follow With Live Guitar Music

JobMonkey.com

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Delta Office Hours Wednesday 10am-2pm Room c-318

POOL TOURNAMENT
C.A.B. is sponsoring an eight ball pool tournament at London Billiards on Sunday March 28th. One on one games with 32 players all skill levels.

Up to \$100.00 1st Place and \$50.00 2nd Place.

\$5 to play in the tournament. FREE to attend! Other tables will be available for non-tournament players.

*Must have a valid WSC i.d. to attend

Place: London Billiards 70 James St. Call 799-7665 for directions

Time: 9 A.M. doors open & practice time. 11A.M. - 5P.M. tournament.

On Campus (News)

Chris' Health Corner

Beached Whale or Buffed Bod?

Spring is here and you know what that means bathing suit season is just around the corner. YIKES! If you're afraid that your going to look like a beached whale this summer, it's time to get off your couch and get that body moving. Hey we gotta look good for the beach babes and muscle men, so here's a few hints.

What does it mean to be an ideal weight? Ideal weight varies from person to person and between the sexes, but there are some general guidelines. For women, allow about 100 pounds for your first five feet of height, then add five pounds for every inch over five feet. For men, 106 pounds is allowed for the first five feet, with six pounds added for every inch over five feet. That seems pretty easy doesn't it? But what about someone who is athletic, eats well but weighs a little more than is suggested? The extra weight may be attributed to athleticism. This formula is just a guideline. If a person carries extra weight because of muscle, they will be in much better health than a person who is carrying their extra weight in fat will.

Getting Started with Exercise

To start an effective physical fitness program use these principles. Remember them by the simple acronym **PROVERBS**.

Progression: The intensity and duration of exercise must gradually increase to improve the level of fitness.

Regularity: A regular fitness program requires exercising the four components of fitness at least three times a week. The four components are: Cardiorespiratory endurance, muscular strength, muscular endurance, and flexibility.

Overload: In order to obtain a training effect, the workload of each exercise session must exceed normal demands placed on the body. Find your one rep max lift for each exercise, then set the amount of weight used during each exercise at a level that will cause muscle failure with 8-10 repetitions.

Variety: Variety is the key to a lasting program because it relieves boredom and increases motivation and progress. The memory cells of your muscles will stop growing if you don't shock them occasionally with a change in your routine.

Recovery: Alternating muscle groups every other day, or alternating hard and easy days for each component of fitness allows a muscle to repair and grow. Recovery can help avoid burn out and injury.

Balance: Overemphasizing one component of fitness inhibits your overall progress. Include all four of the components on a regular basis to achieve proper balance.

Specificity: Plan your training towards your specific goals. For example, increase your two mile run time or walk time.

Fitness Tips

Try some exercise in disguise take the stairs

instead off the elevator, park your car in the far end of the parking lot, and stand when you are on the phone. These small extra efforts can add up to increased muscle tone and to burn more calories. Walking up several flights of stairs is great exercise, since your legs lift the entire weight of your body at every step. It burns calories and provides an extra workout for your leg muscles.

Experiment with fitness tools such as free weights, bands and steps to increase the challenges and add variety to your workouts.

Lifting weights helps tone your body, lose weight and build muscle endurance.

To achieve a healthy active life style, add aerobic activity, lifting weights and eating lower fat foods more often.

To tone muscles, perform 10-15 repetitions in one set, for 3-5 sets.

To develop size, perform 6-8 repetitions in one set, for 3-5 sets.

Strength training may increase bone density and help delay or minimize osteoporosis.

You can achieve the same physical benefits from walking as you can from running. However, it may take up to twice as long to cover the same distance.

Walking one mile only slightly burns fewer calories than running one mile. And it's less stressful to your body.

To pick up your walking pace to burn fat, you should think about quicker not necessarily longer, steps. Let your stride come through naturally.

Replace your athletic shoes periodically. After 250 to 500 miles of walking or running, they lose much of their shock absorbency and their treads wear down.

When buying walking or running shoes, they should bend where the foot bends at the ball; if it bends at mid foot, it will offer little support.

Boost Your Metabolism

Breakfast eaters tend to have a higher metabolism and therefore burn more calories during the day.

Make sure you replenish your fluids.

You can determine if you need to replenish your fluids by your urine. If it looks like apple juice, drink up! If your urine looks like lemonade, you are well hydrated.

Muscles sore or injured?

Treat your injuries with R.I.C.E. Rest, ice, compression, and elevation.

Well, I hope these simple hints will get you started on the road to fitness and a hot bod. See You on The Beach!

Chris Bourque

James Tate at Worcester State

by Jessica Dalzell,
Staff Writer

James Tate, the nationally acclaimed poet, was here at Worcester State College, on Thursday March 18.

Professor Kenneth Gibbs, of the English Department, invited Tate to come visit and speak with one in particular class of his, Contemporary Poetry, before his public reading the same evening.

The Contemporary Poetry class here at WSC takes a closer look at some of the most influential and inspiring contemporary poets of this age. The class had studied Tate earlier this semester and was quite excited to speak with the poet personally in this private session.

Tate was dressed casually, the same way he wore his smile. He was comical and light in his response to the student's questions, most of which he had been asked before.

For many of the students, the experience was surreal, discussing face to face with the poet that they had just studied.

After his visit with the Contemporary Poetry class, Tate gave a public reading of his poetry in the Blue Lounge of the Student Center, sponsored by the Worcester State College Honors Project.

Tate was the winner of the second Tanning Prize, the \$100,000 award for outstanding mastery in poetry. He has authored 13 books of poetry, one *Selected Poems* which the Contemporary Poetry class at WSC uses in their study. This collection won the Pulitzer Prize and the William Carlos Williams Award.

He has also published a novel, *Lucky Darryl* (1977) and a collection of short stories, *Hottentot Ossuary* (1974). More recently his efforts went to editing *The Best American Poetry 1997*.

Currently, James Tate teaches at the University of Massachusetts in Amherst.

It is not everyday that WSC or any college campus has the opportunity to sponsor an acclaimed poet. Many thanks go out to Professor Kenneth Gibbs, the Worcester State College Honors Project, and Mr. James Tate himself, for enlightening a few minds here in the rolling hills of Worcester County.

Poetry and Human Rights Series Recognizes Center for Human Rights

Honoring the significant contribution made by the Center for the Study of Human Rights (1981-1984) to the college, the 125th Anniversary Celebration will present "Poetry and Human Rights," a poetry reading and discussion, at 2 P.M., April 6, in the Student Center Auditorium. An exhibit of the Center's history will be on display in the Exhibit area of the Student Center.

The program will feature Marjorie Agosin, internationally acclaimed Chilean poet and Professor of Spanish at Wellesley College, and Tino Villanueva, award winning Mexican-American poet and Preceptor in Spanish of the Department of Modern Foreign Languages and Literature at Boston University. The two poets will read from their work and engage the audience in discussions on issues of human rights.

Marjorie Agosin was awarded the United Nations Leadership Award in Human Rights in 1998, and received distinction from the David Rockefeller Center for Latin American Studies, Harvard University. Her latest book of poems is *Desert Rain/Lluvia en el desierto*, Sherman Asher Publishing, 1999. She received her doctorate in Spanish-American Literature from Indiana University.

Since the publication of his *Hay Otra Voz Poems* (Editorial Mensaje, 1972, 1979), Tino Villanueva has received considerable literary and critical notoriety. This volume and subsequent books have been used at numerous universities both in the United States and abroad. Villanueva received his doctorate from Boston University in the Department of Modern Foreign Languages

Literatures.

There will be a book signing at 4 P.M. and a reception with live guitar music will follow. The event is cosponsored by WSC, Languages and Literature Department, Honors Program, Office of Diversity, Third World Alliance, and the 125th Anniversary Historical Committee.

Under the able leadership of Dr. Merrill Goldwyn, professor emeritus, the Center for the Study of Human Rights made an astounding impact on the college from 1981 to 1984.

This article was reprinted at the request of Dr. Merrill Goldwyn.

During its period of operation, the Center for the Study of Human Rights received National and Local recognition as well as two Senate citations and was featured on television and in local, Boston and New York newspapers. Dr. Goldwyn feels that this program, which is the first in a series of three, will spark humanitarian interest in students once again. Any group of students wishing to organize a chapter of Amnesty International can contact Dr. Goldwyn as a consultant.

"We are consumed with material things and technology. They are good in their place but we have lost the human, social mentality. For real growth, and the solution to many neuroses, students must become involved with and contribute to something bigger than themselves." - Dr. Merrill Goldwyn

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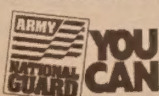
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Senate Minutes

Senate Minutes March 18, 1999

Present: Jenn Lavallee, Jeff Roback, Jenn Robbins, Katie Serafin, Wendy Witt, Mike Clark, Jason Tucker, Lee Anne Hooley, Becca Boucher, Joanie Rylander, Becky Foley, Jeremy Webb, Kelli Thibault, and Jeff Wentzell.

Tardy: Tori Maxwell

Excused: Jackie Martell, Marie DeSantis, and Erin Lewinski

Absent: Jon Sugalski and Mike Segarra.

Guests: Paul Joseph and David Spencer.

Senate Minutes March 18, 1999

I. Parliamentarian Robbins called the meeting to order at 3:05.

II. In motion number 9950 Senator Serafin moved to approve the minutes of March 4, 1999 (Seconded by Senator Tucker). Senators Thibault, Witt, and Boucher abstain. Motion passed.

III. SGA President's Report
President Spencer informed the Senate that the Student Activities Fee Committee will be meeting with the Board of Trustees on March 23rd.

-In motion number 9951 Senator Serafin moved to table the amendment to the SGA Constitution to the Parliamentarian's Committee (Seconded by Senator Hooley). Motion passed.

IV. Student Trustee's Report
Trustee Wamboldt was not present at today's meeting.

V. Treasurer's Report
The Senate made \$52.00 at Wednesdays bake sale, the now have approximately \$200.00 in our line 99. Also the Senate has handed in their budget, they will be meeting with the Budget Committee on April 1st for their budget hearing.

VI. Public Relations Report
The raffle is being drawn Thursday, March 25. Organization of the month for December, January, and February will be voted on

next meeting, please think of groups.

VII. Old Business

-Subcommittee Goals:

Community Service-

Senators Boucher and Rylander did not attend their training because it was canceled.

Safety-Safety walk is being planed to show the amount of light on the campus.

Board of Higher Education-

Senator Roback can not longer chair the committee; a new chair will be decided at their next meeting.

-All Organization Banquet:

Senator Maxwell attended the meeting, discussed was where the meeting will be held, food, and awards. Meetings are Tuesdays at

4:00, all are welcome to attend.

-Election packets are going to be available at the Info desk on March 29th.

VIII. New Business

-Heroes Conference is being held May 1st at Fitchburg State College, please speak with Chairperson Martell to sign up.

-"Normal School Years" exhibit will be on March 25th. All are welcome to attend.

-Van Service will be provided by the school starting March 29, pick up and drop off will be in front of Dowden Hall and will run various times everyday. Please contact Dean Joseph if you would like to drive a van, drivers get paid \$8.00 an hour.

IV. Announcements

-The Senate meeting will be canceled on April 1st due to budget hearings.

-Secretary Lavallee will not be at the meeting on March 25th, Senator Tucker will be taking the minutes for that week.

-A new Cheerleading Coach has been hired.

-The 1999 Bay State Games will be taking place at WSC on July 29th.

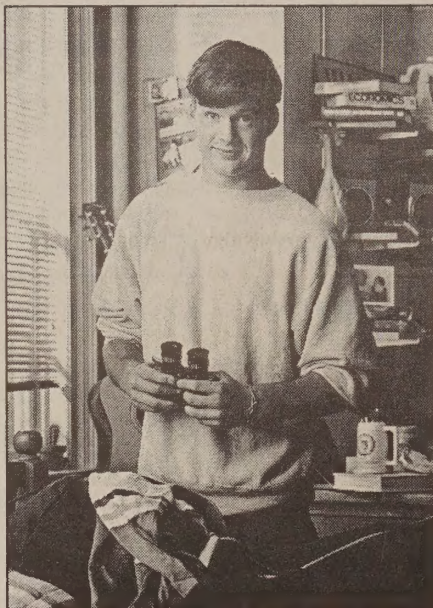
-Elections are on April 14 and 15.

-Good Job running the meeting Parliamentarian Robbins.

V. Adjournment

In motion number 9952 Senator Serafin moved to adjourn the meeting (Seconded by Senator Maxwell). Motion passed.

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A & E

Views, Review & Due\$

By: The Ghost Writers

A Hot Plate of Peas

Wednesday March 10, 1999: On a lazy afternoon excursion to The Tsongas Arena in Lowell, Ma. two hip hop enthusiasts known as The Ghost Writers flip open their Startac Motorola and dial up The Black Eyed Peas road manager Eddie Boles and confirm their arrival. 6:30pm: Upon arrival to the entrance these anxious writers get the usual static from security and flash their laminated identification and out come the backstage passes. Finally, they're in...

7:30pm: They're in but where the hell do they go? Thanx to a friendly birdie they were pointed in the right direction and it was easy as 1,2,3, because to the right they spotted a Black Eyed Pea. An exhausted master of ceremony by the name of Will exchanged hands with The Ghost Writers and sincerely explained that they should hang tight while the group prepared for their performance.

7:45pm: While waiting The Writing Ghosts journeyed to a most excellent scratch fanatical frenzy by that subliminal minded DJ Spooky. He was reeking riddum warfare on an alternative nation by rocking the wheels of steel along with tactics on everything from a bass guitar to a cello.

This subliminal spectacle featured a reminiscent Jimmy Hendrix star spangled banner tribute. This one man band left the Levi's Sno Core tour groupies awestruck and left The Ghost Writers with #hits and giggles. Truly Spooky is one of the best turntable technicians that The Ghost Writers

have seen in their twenty years of life.

8:00pm: DJ Spooky exits stage right and The Black Eyed Peas are warming up and exchanging info on how their performance will go down. Meanwhile The Ghost Writers are scheming on catching the subliminal kid's attention when he approached them as they we're chillin in the cut. Spooky slaps skin with them and offers to give them a radio drop for "The Lyrical Transmission" which is on air Fridays 8-11pm on 94.9WSCW. So they head back to his dressing room and talk over a few Heinekens. This is one down to earth cat, keep your sound moving man!

8:15pm: The Black Eyed Peas head for the stage. The Peas run through several joints off of "Behind The Front" their debut album which was released on Interscope Records. The group performed with excellence and gave examples of freestyling at it's purest. The Writers were also impressed with the usage of live instruments and their innovative dance routines. For the rest of the story when the Peas come to town you best cop a ticket.

9:00pm: Hunger pains can just creep up on you sometimes, so in desperate times you take desperate measures. The Ghost Writers noticed the catering room and couldn't resist especially when the scent of freshly cooked swordfish filled the air.

9:15pm: Boy was that a tasty treat! Now for a portion of Peas. To they're dismay

Dave Miller one of the Peas managers informed them that Will had to catch a flight and couldn't join them for the interview. So The Ghost Writers caught up Apl De Ap and Taboo of The Black Eyed Peas.

They opened up their conversation on the note of how the name Black Eyed Peas came about. the name came about when the group decided to use the name of their productions which was Black Eyed Peas Productions. They worked with Ruthless Records and had a solid foundation and recorded Behind the Front which ended up being released on Interscope Records. They also hit the topic of their album name Behind the Front and the meanings behind the cover. The name is an illustration of breaking it all down to the roots to the soul of the music rather than what appears on the outside. They said that hip how was saturated with outdated topics such as drugs, guns, money, and the best of them all East vs. West. They explained that they stay away from these elements and remain true to the real elements of the hip hop culture.

In their first single "Fallin Up" the Peas were striving to find new grounds and horizons to build their music on. Originality was their main objective. When the group was starting to make their way through the shady record industry they stayed true to their beliefs and stuck with their own ideas instead of being someone's puppet on stage. Their first tour was Smokin Grooves in the

Summer of 98. The Peas found themselves touring with the likes of hip hop veterans such as Busta Rhymes, Public Enemy, Gangstarr, and Cypress Hill. Chuck D of the legendary group Public Enemy embrace the Peas and brought a positive vibe to the tour. The Peas learned that it was a great challenge to get the crowd hype and to get new fans. Recently, The Black Eyed Peas experienced a kiss from the New England winter when they got stranded on the highway on their way to a performance at UMass Amherst. Being natives of California the blizzard was out of their leagues and this was one day I'm sure they would rather forget. The Peas have some final advice for upcoming artists. Watch out for let downs, make sure you know the business and artistic sides of the industry before you get involved, lastly make sure all things you get involved with are positive.

The Black Eyed Peas have been breaking the boundaries of hip together since 1995. They all met at a club named Ballistics in Los Angeles. They began collaborating together and the rest is history. The thing that puzzles us is how they make it look so easy. The Peas are true masters of ceremony and are a rare find in today's music scene. It's not everyday you find live music intertwined with positive messages but when you do it's one hell of a hip hop experience. NUFF RESPECT to Apl De Ap, Taboo, and Will, The Black Eyed Peas.

Winners of the 71st Annual Academy Awards

Best Picture - "Shakespeare in Love"

Best Actor - Roberto Benigni, "Life is Beautiful"

Best Actress - Gwyneth Paltrow, "Shakespeare in Love"

Best Director - Steven Spielberg, "Saving Private Ryan"

Best Supporting Actor - James Coburn, "Affliction"

Best Supporting Actress - Judi Dench, "Shakespeare in Love"

Lifetime Achievement Award - Elia Kazan

Worcester Art Museum Provides Sampling of Culture for Free

by Doug Pratt
Voice Staff

Even those not really interested in art would have a hard time not finding something of interest at the Worcester Art Museum. Located about fifty yards from the Highland St. and Harvard St. intersection, the museum gives free admission to WSC students who present a valid student ID.

Some of the cultures represented are Greek, Chinese, Egyptian and American. Of course there is an ample supply of Renaissance and Baroque paintings, woodcuts, and

engravings. Tours are available, but if you want, they also have audio tours available for quite a few of the exhibits.

The museum is open Wednesday through Friday and Sunday 11 to 5 o'clock, and Saturday 10 to 5 o'clock. There is a cafe, so after taking a stroll through a period of time, you can enjoy a hot cup of coffee before heading out for a night on the town. Might as well check it out, after all, it's free.

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A & E (cont)

Life Is Beautiful, This Mastercard Collegiate Golf Film Is Beautiful.

Rankings Administered by the College Golf Foundation.

by Alisha Attella
Editor-in-Chief

Well you all know by now, Shakespeare in Love won best picture at the Academy Awards instead of Life Is Beautiful or The Thin Red Line. Not much of a surprise there, but Roberto Benigni did win best actor, the first time ever for a foreign language film (YEA AMERICA!).

Written, directed and starring Roberto, Life Is Beautiful was truly a beautiful film. With all of the emotion that Italian films are notorious for possessing, Life is Beautiful spins a tale, veiled with a childlike naivete and fantasy. Benigni portrays an Italian Jew who falls in love with a schoolteacher at the beginning of WWII. After elaborate efforts on his part he wins her and together they

have a child and live a happy existence until he and the child are taken from their home to a Nazi concentration camp. Insistent that her family must stay together, his wife persuades a Nazi soldier to let her on the train to the camp. In what can only be described as the greatest showing of love and selflessness of which a human is capable, he goes to great lengths to create a make-believe world for his son so he would never exist in the fear and misery of the other prisoners.

You must go see this film. It is still playing, and may even go to the second-run, discount theaters soon. It truly is a manifestation of all that can be good inside of us (Ahh, ain't it sweet).

The Mastercard Collegiate Golf rankings, administered by the CGF and compiled by Golfstat, are determined by a computerized system based on performance.

Women's Team Rankings - March 17, 1999

- 1 Arizona
- 2 Duke
- 3 Georgia
- 4 Tulsa
- 5 Southern California
- 6 Oklahoma State
- 7 Arizona State
- 8 Stanford
- 9 Pepperdine
- 10 Texas
- 11 Auburn
- 12 TCU
- 13 South Carolina
- 14 Washington
- 15 Tennessee
- 16 UCLA
- 17 Oregon
- 18 Oregon State
- 19 Florida State
- 20 North Carolina

Men's Team Rankings - March 17, 1999

- 1 Clemson
- 2 UNLV
- 3 Georgia
- 4 Oklahoma State
- 5 Georgia Tech
- 6 Texas
- 7 Houston
- 8 Arizona State
- 9 Florida
- 10 Northwestern
- 11 Nebraska
- 12 Washington
- 13 Brigham Young
- 14 Minnesota
- 15 South Carolina
- 16 North Carolina
- 17 East Tennessee State
- 18 North Carolina State
- 19 North Florida
- 20 Oklahoma

Kathleen Downey Short Fiction Contest

Submissions for the Kathleen Downey Short Fiction Contest are currently being accepted.

Deadline: April 12, 1999

The Prizes are:

- | | |
|-------------------|-------|
| First Place | \$300 |
| Second Place | \$150 |
| Third Place | \$75 |
| Honorable Mention | |

The Rules For the Contest are as Follows:

1. The story should be double-spaced.
2. The student's name should appear ONLY on the cover sheet along with the student's social security number and the title of the story.
3. The title page should follow with the title of the story and the student's social security number ONLY.
4. Every page should contain the social security number and the page number.
5. Copies of the short story should be left with Carolyn Dumais in s-213 by April 12, 1999.
6. The contest is open to all full and part-time WSC students.
7. Only one selection per student may be submitted.
8. Previous prize winners are disqualified from submitting stories.

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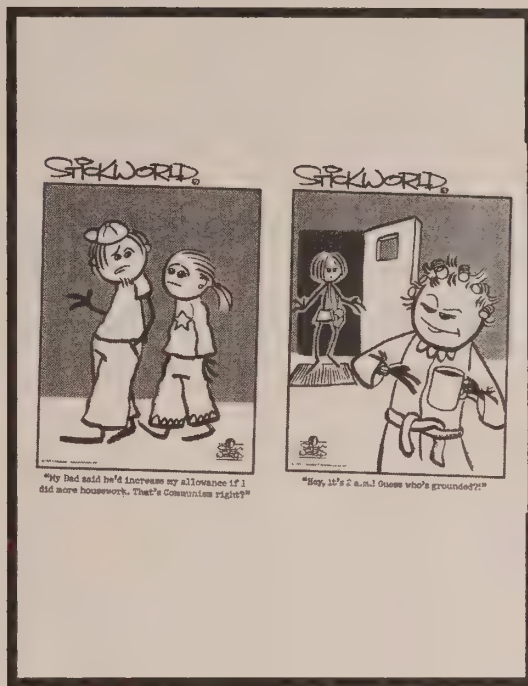
Complete your state college undergraduate education while gaining valuable skills and experience in our young adult services program. The New England Center, a nationally recognized leader in providing the highest quality educational and behavioral services to young adults with autism, behavior disorders and developmental disabilities, seeks entry-level Residential Counselors. Counselors will work a schedule including evening, weekend and overnight hours. Our flexible shifts are designed to accommodate your college course schedule. We will provide an annual salary and cover your state college tuition costs. Our outstanding benefits include four-five weeks of paid vacation, tuition reimbursement, medical, dental and life insurance, on-site day care and much more.

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Circus



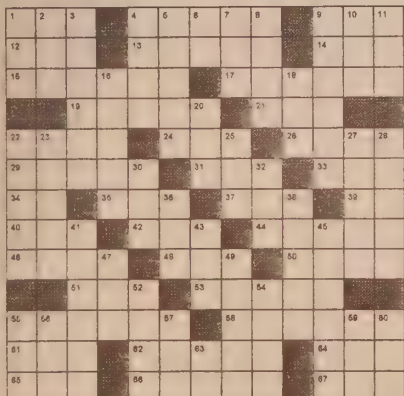
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Two Guys by Memo



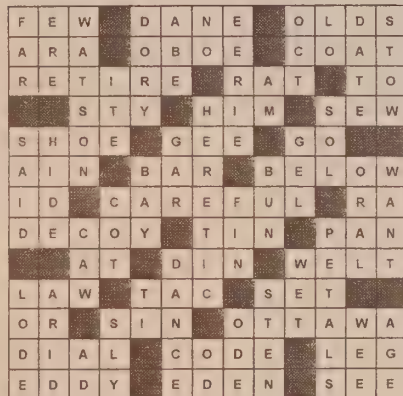
Crossword

puzz110



ACROSS
1 Fish
4 Begin
9 Wipe
12 Gershwin
13 Mistake
14 Southern constellation
15 Give
17 Bloc
19 Liver
21 Animal
22 Allowance
24 Water barrier
25 Owe
29 Most unusual
31 Drifter
33 Daughters of the Amer. Revolution (abbr.)
34 Public announcement (abbr.)
35 Newspaper (slang)
37 School of whales
39 Concerning
40 Pad
42 Fuel
44 Craggy
46 Baby carriage
48 Food

puzz109



50 Russian newspaper
51 Hit
53 Congeals
55 Larger
58 Full of conceit
61 Summer drink
62 Derived from the sun
64 Edu. group (abbr.)
65 Mole
66 Josh
67 African antelope
DOWN
1 El
2 Mouth (comb. form)
3 Risk
4 Bristle
5 Fad
6 Pertaining to (suf.)
7 Extinct bird
8 Lure
9 Dullied
10 Metal
11 Friend
18 Change
18 Color
20 Splotch
22 Bum
23 Carries blip images
25 Cup
27 Velips
28 Cards with threes
30 Cloth
32 Scar
36 Hole
38 Slogan
41 Goal
43 Pouch
45 Framework
47 Magazine (Inf.)
49 Requests
52 Heckler
54 Fairy tale monster
55 Ban
56 Lupino
57 Fish eggs
59 Japanese coin
60 19th Greek letter
63 Musical note

LIFE IN HELL

©1999 BY MATT GROENING



Poetry

The featured poet for this issue is Marguerite L.T. LaCroix. Any other Worcester State College poets that would like to be featured for an upcoming issue feel free to email Paul Cavanaugh at studentvoicewsc@hotmail.com or stop by the Student Voice office located on the third floor of the student center.

Symphonic urban poem

- by Marguerite L.T. LaCroix

Prelude

Today starts with shoes.
Beaten, battered, black
Leather slitting at
All points from vital
Energy that shines
Like light, radiates
Like heat from my feet
That will carry me—
And you—through this day.

Third Movement

Women of Jerusalem!
Stir to the Messiah's cry!
Some were moved to weeping
but
Veronica Wiped his face.
I, a stranger like Simon
Of Cyrene, got to carry the
cross on the flight of stairs.

I'm not afraid of gay folks,
Because I have known a few.
I'm not afraid of any
Communists, Democrats, or
Republicans, even though
I'm not really any one.
I can say all this because
That cross weighs you won't
believe,
And I helped Jesus with it.
And then Jesus puts the cross
In the back of a taxi,
And He's with the woman
who
Asked a girl to carry
Her crutches on the staircase.

Fourth Movement

Abandonment.
No ducks.
Yesterday it rained until
Heaven was dry.
A little bit of icy residue from
a winter past,
But otherwise it's a sythetic
autumn
In which dead orange oak
leaves are brighter
Under a shellac of rain.
I will go on pilgrimage,
Strung out on sugar and deso-
lation,
Craving spiritual fulfillment
or
At least a long walk,
If the chapel is closed.
Mabye Jesus will walk
On Lake Ellie tonight.

Second Movement

I like checking my messages,
If the computers are working.
I have so many connections
To hear from.
I wait.
I wait for what seems too
long.
One and a half hours
Is too long.
One classroom has a broken
clock.
That makes everything seem
too long.
That makes everything seem
too long.
I check my messages after
spending
Too long with him.
No one wrote.
No one seems to care.
I go back to waiting.
Hours longer.

First Movement

Surfing over the hills and
lows of rural roads,
Carressing curves of the road
Like a sculptor carressing the
curves as he sculpts the statue
of a woman.
Black car when what I want is
a Gypsy wagon
With a bed in back to sleep in.
I'm tierd, but I have a book
for later,
Perhaps to rouse my spirits
My friend changes the radio
station
So often as to make me dizzy.
We pull into the lot,
I pay his gas money,
And go to the tasks of the day.

Finale

Shoes on rural roads,
Pathways and parking lots,
Ducks somewhere else
But always in mind.
Shoes of Christ,
Shoes walking the world.
Don't bury me with these
shoes—
If there's any good left in
them,
Give them to someone else.
Sisters! Brothers!
Take my shoes.
Take my duck-bread.
Take my messages.
I will take your crutches,
Crosses,
And broken clocks

Featurette Jared Simpson

Walking one day
 I came across a letter
 It was blowing in the wind
 Across the street it blew
 And I followed
 Hungry to find out what the hell it was
 I got the feeling
 this letter had answers to my problems
 "What is the meaning of life?"
 deep philosophical questions
 Einstein chased it and it read
 "God does not play dice with the universe"
 Kurt Cobain chased it and it read
 "It's better to burn out than to fade away"
 Rimbaud chased it and it read
 "The poet makes himself a seer
 by a long, prodigious, and rational
 disordering of the senses"
 I ran after the letter with a new fury
 Catching it a few times between my fingers
 My ambition rewarded me a few paper cuts
 Finally, exhausted, I lunged out
 And in the mud I had it
 Finally!!
 Quickly I tore it open
 No words! No words! No fancy quotations
 Just an empty piece of paper
 And a pen

Jared Simpson

FOR PAULA

Kissing you, wanting you
 needing you, loving you
 emotions collectively moving me on.
 Touching you, smelling you
 needing you, loving you
 being in your arms could never be wrong.
 Wishing you close to me
 reaching out for your touch
 didn't know, didn't realise
 I could love someone so much.
 Kissing me, touching me
 pulse beating rapidly
 channeling energy, reaction and need
 exploring the depths of this new found love
 moving further and deeper with the signals we read.
 Tempting and pleasing- our loves turn to play
 kisses so tender- with love that's the way
 wanting to be with you now
 thinking how you make me feel
 needing you, loving you
 I can't believe it's real

WITH LOVE

JANINE

I am the bottom
 What you throw away
 becomes mine
 I have beautiful cities
 made of soda cans
 And pet fish that make
 homes
 Down here evolution
 Has created
 phosphorescent
 creatures
 Illuminating all my
 hidden secrets

Jared Simpson

I saw the lever on the
 back of his head
 ON OFF
 And various other
 buttons
 He's been in school too
 long I think

Jared Simpson

I looked down at the
 keyboard
 And somehow all the
 letters rearranged
 themselves
 I began typing
 It all made sense
 Jared Simpson

A meteor burns up in
 the atmosphere
 And what was once
 solid
 Becomes dust
 That's what it felt
 like when Ishe hung
 up the phone
 So abrupt
 So complete
 Once solid
 Now. . .

Jared Simpson

in words, everything is clear,
 i fear
 that which does not speak.

sweet africa,
 where is the perfect sky?
 with you,
 where a boxer belongs
 standing in the sun
 with useless red
 gloves.

it is a large mouth
 the african sky, yelling
 mute distances
 in your eyes and ears.
 you will surely die

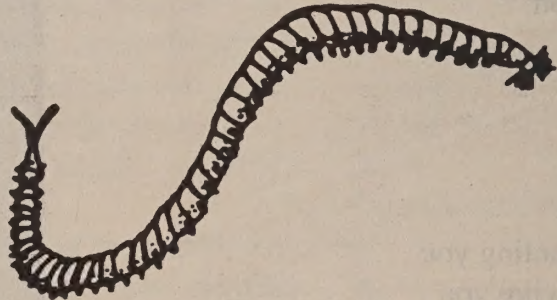
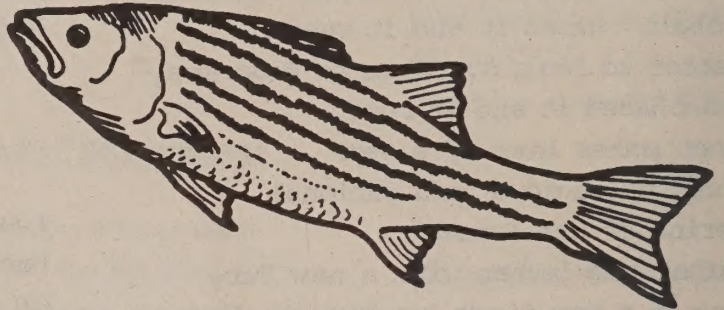
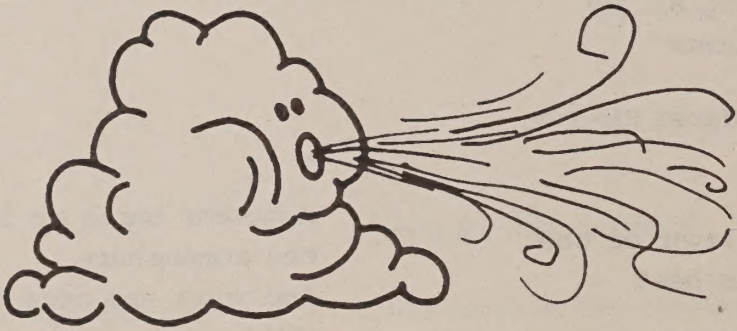
sweet africa, you will surely
 die in
 infancy, not having yet spo-
 ken
 a word.

A Call For Poems

Write a poem and win
 the \$1,000.00 grand
 prize! Hollywood's
 Famous Poets Society
 is sponsoring a new,
 free, poetry contest,
 open to everyone.
 To enter, send one
 poem on any subject,
 in any style, 21 lines or
 less, to: Free Poetry
 Contest, 1626 N.
 Wilcox Ave., Suite 126,
 Hollywood, CA 90028.
 Or
www.famouspoets.com.
 Deadline April 9, 1999.
 All entrants will
 receive a winners list
 before September 30,
 1999.

MASSPirg Coloring Page!!

Here's a fun activity from MASSPirg to entertain you kids while waiting for food in DAKA! Enjoy



Noteworthy

AIDS Project Worcester, Providing Invaluable Information and Support.

by Alisha Attella
Editor-in-Chief

HIV and AIDS has been a topic of nearly constant discussion for the better part of the last two decades. As a result, one would assume that society, and in particular the college community, would be well informed about the virus as well as local organizations that can help. This is not the case.

While speaking to students on campus, friends, and others with whom I interact on a daily basis I found that many were grossly misinformed, completely uninformed or didn't know where to turn for help. We in Worcester are lucky enough to have a superior organization that is dedicated to the spreading of knowledge about HIV and the caring for of individuals that are infected.

AIDS Project Worcester, located at 85 Green St., is the most comprehensive HIV/AIDS service in central Massachusetts and one of the most comprehensive in all of New England. Providing service throughout Worcester County, Rhode Island and New Hampshire, offices in Worcester, Southbridge and Leominster, APW offers programs that deal with housing, adoptive and foster care for children, legal problems, prevention, nutrition, and substance abuse. They offer a Food Box hot meal program for clients, peer services, nine case workers to provide mental health services and support, support groups including the "men who have sex with men" group and anonymous HIV testing Thursdays from 5-7 p.m.. They also offer special focus nights for testing including nights for women, halfway house residents and college students.

I recently had the opportunity to speak with Charles Carnahan, the Director at APW, as well as two case workers, Michelle Smith and Sandra Mannero, they all shared in my belief that most people hear so much and retain so little of the information that is

provided to the general public about HIV. People still seem to cling to the old stereotypes of HIV infected people and say "Well, I'm safe." "HIV does not discriminate," Sandra said, "If you could only see every walk of life that comes in here you would go 'Oh, now I understand.'"

Worcester county is unique in that our infection rate in women is twice the national average at 51%, 56% of new clients are women. We also have a disproportionate rate of infection in our minority communities. The projected increase in new clients for last year was 12-15% which is about 960-1140 new clients. The actual increase was 22% with a total of 1200 new clients. 78% of clients were infected through the use of IV drugs or by sexual contact with an IV drug user or someone who previously had sexual contact with an IV drug user etc. We obviously aren't paying attention.

Pay attention now. HIV is a blood-borne pathogen, it is also found in bodily fluids such as vaginal fluids and semen. This means HIV can be transmitted through the blood or through sexual contact. How to prevent transmission: do not use any IV drugs and abstain from sex. How to reduce the possibility of transmission: don't share needles, if you must, clean your syringe thoroughly by soaking the pieces in a solution of water with bleach. Pass the solution through the syringe a few times and let it dry before use. Every single time you engage in sexual activity USE A CONDOM! This includes oral sex. If performing oral sex on a woman use a dental dam or a piece of syran wrap. USE THE CONDOM PROPERLY! If it slips off, get a new one. If it feels like it may have torn, check it out. If you are unsure about something read the directions on the package. This is not hard



Charles Carnahan, Director of AIDS Project Worcester.

kids, they even dray you little pictures and substitute "cum" for semen to make sure you know what's going on. "It's not worth it," Sandra commented, "You used to be able to have unprotected sex with someone and the worst that could happen is you could get pregnant. Nowadays you could die. It's not worth it." All you young men out there who would be embarrassed to check something on the directions, be assured that whoever you are with will appreciate the effort. Michelle commented that one of the most common things that she hears from infected people is "I know, but they don't know."

People have a difficult time confronting their own mortality, and there has been so much encouraging news in the papers and on TV about the new treatments that it is easy to forget that there is no cure. "people think that they can just take the meds and

they will be fine, they don't seem to understand just how sick the meds can make you." "Everybody does things they regret," said Michelle. "You really want to think about this long and hard. This regret could kill you."

Charles Carnahan wanted to leave the readers with a final thought, "Anything one can do to help get this message out that AIDS is still a problem is a help. Treatments have improved but there is no cure. AIDS is still a terminal illness, the only cure is not to be infected. If you must engage in risk factors, do it safely. Prevention is still the key."

If you would like to volunteer with AIDS Project Worcester call (508)755-3773 or (508)791-LIFE for information on the 1999 Walk For Life.

The House Hunt

by Doug Pratt
Voice Staff

Almost everyone gets a loan when they decide to buy a car. There's paperwork involved, a credit check, phone calls to make, and waiting for a response. Most car dealerships can take care of everything for the customer right there, but there is still some anxiety for the half hour or so that it takes to get an approval response from a loan company. Imagine everything involved with buying a car, multiply it by a thousand, add a few weeks onto the half hour of waiting. Now you have the equivalent of buying a house.

My beautiful wife of three years and I are still in the waiting phase of buying our first house. I wonder why they say first house? It is torture enough buying one. What would make someone want to do this again? We have learned a lot by this experience, but it was not easy. Here are some things that I

want to pass on to you so that when you get to this part in life, maybe things will be easier.

First, and definitely most important, give yourself a credit check yourself. It is really easy to get four or five credit cards and pay \$25 dollars a month on each one (forever). Pay off and cancel as many as you can. Lenders like to see credit cards that have been paid off, and not used, for six months. Try and keep one credit card like Mastercard or Visa as the only one still active with a low balance.

Next, start saving money on a regular basis. Most people get money from relatives to help out with the deposit, but large sums of money like this are considered gifts. The person giving the money to you will have to get paperwork filled out and signed. Also, there are costs for an inspection

(\$200), an appraisal (\$300), a title search for the house (\$380), and that's only the beginning. In addition to the cost of the house, we had to come up with an additional \$5600 in closing costs and prepaid expenses like taxes.

I'm almost to the fun part, so bear with me. The third step, getting pre-qualified, will let you know what you can afford. Also, you can see the difference that paying off credit cards or loans will make. The pre-qualification only takes about fifteen minutes at a bank, credit union, or mortgage lender. Don't worry, the pre-qualification does not obligate you to anything. It just provides a lot of useful information.

OK, the part all of this preparation comes down to. Call a real-estate agent and ask for a listing of properties for sale around your price range and in the city you want to

live. It helps if you tell the agent what type of property you are interested in. Most will also give you a map if you ask them and then, it's off you go.

Oh yeah, before I forget, it wouldn't hurt to take a trip down to the book store and see what they have. There are many books out there that will give you information about the terms used like escrow, PIP, and MIP. Also, some have tips on what to look for when inspecting, negotiating tactics, and how to obtain a loan.

Well, like I said earlier, you may not be looking for a house now or even for a few more years, but someday you probably will. When you do, try to stay calm and patient. Waiting is the hardest part.

Calendar

Thursday March 25

Senior 50 Day Countdown Party @ OLP, Must be 21 w/ positive ID & WSC ID
PHI theta Bake Sale
Playboy of the Western World, Admin, 8pm
 BB @ Anna Maria 4:00
 WSB @ Anna Maria 4:00
Historical Importance Week of March 21-27 for GLBT struggle for community
 (www.masspride.net/ebah)

Friday March 26

vendor: Wormtown Trading
 OLP showing "Star Trek: Generations & First Contact", 5-9pm, Free, Open to all ages
TWA Party-eve
 Playboy of the Western World, Admin @ 8pm
MW Indoor Track at City Meet
Jazz Jam w/ Main South, @ Gilrein's, 8pm, n/c

Saturday March 27

Playboy of the Western World Admin @ 8pm
125th Women in Education Basketball "3" Point Contest
 WSB vs Becker 1:00
 MW Indoor Track @ City Meet

Tony J. Ferry, Christian Rock @ The Carpenter's Workshop CoffeeHouse, Leicester, 7:30pm
"Nueba Yol III", @ Clark, 7:30pm, in Jefferson Academic Center, Room 320, \$4.75 for general public and \$2.50 for students
 Lace-up for Luekemia, @ The Skating Club of Boston, 5:30-pm, Monies raised will go to the Luekemia Society
Gloetry: Gay and Lesbain Poetry 8-11pm, \$5, @ Worcester Artist Group
Heywood Gallery on 70 Winter Street
 Trio Fontenay, piano trio @ Mechanics Hall, 8pm, reserved seating \$25, \$22 or student rush seats \$12, 508-754-3231

Sunday March 28

CAB Pool Tourney
Playboy of the Western World Admin @ 8pm
 BB vs WPI (2) 12:00
Orchestra Concert @ WPI, 4pm
Alden Hall, \$3 for Adults and

Free for students and seniors
 Spring Craft Festival, @ Royal Plaza Trade Center in Fitchburg, 10am-6pm, \$3 Adult, under 14 Free,
 From Route 2 take Exit 28
Cathedral Service, A Celebration of Tenebrae, @ St. Paul's Cathedral, 7:30pm

Monday March 29

SEC and AERho hosts Lecture, Gail Dines-"Violence Against Women in the Media", 11:30am, North/South Aud
 Academic Honors Convocation, 3pm
"grab bag" Poetry Nite 7:30, Java Hut
 Jazz Jam w/ Main South, @ Gilrein's, 8pm, n/c

Tuesday March 30

SC/SA FlixTour: "Bury the Evidence", 11am, Free, followed by Q&A with the Director
 SEC & SC/SA host Battle of the Brains, SC Aud, 7pm
Last Day to Withdraw from Courses

BB vs Rhode Island College 3:00
 M Tennis vs Bridgewater 3:30
 WSB @ Elms 4:00
"The Celebration", 7:30pm, @ Clark, Cinema 320 in Jefferson
Academic Center, \$4.75 General or \$2.50 with student ID and seniors

Wednesday March 31

Senate Budget Hearings in Fallon Room, 3-5 pm
Band @ OLP, Must be 21 w/ positive ID and WSC ID
Supporters of Worcester Area Gay and Lesbain Youth (SWAGLY)
weekly meeting, 6-8pm, 508-755-0005
 Open Stage, 8 pm, @ Performing Arts School of Worcester, 6 Chatham St., Free
Swing Dance, 7pm, @ Gilrein's, \$10

Thursday April 1

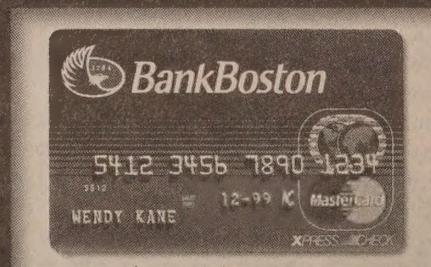
Worcester Contra Dance, @ First Congregational Church of Worcester, 8pm, \$6, Beginners welcome, No partner necessary, Please wear clean, soft-soled shoes or sneakers

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